

## Diabetes in La Paz County, 2004

### Fast Facts 2004

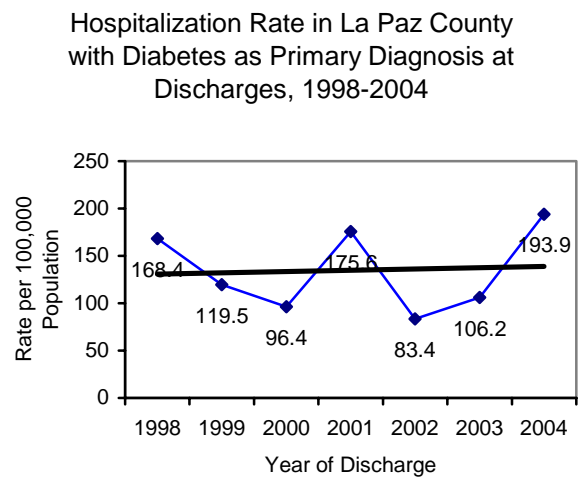
- There were 7 deaths in La Paz County with diabetes as the primary cause of death.
- Numbers of discharges for diabetes were a total of 41 (M=24, F=17).
- The average length of hospital stay for discharges for diabetes was 6.1 days.
- The synthetic estimates suggests that the estimated number of residents of La Paz County who self-identify as having diabetes were 1,108.
- Death rate for diabetes was 24.2 per 100,000 population for the year 2004 (age-adjusted to 2000 standard).

### Definition and Types

Diabetes is a disease in which the body does not produce or properly use insulin, a hormone that is needed to convert sugar, starches and other food into energy needed for daily life. The major types of diabetes are Type 1, Type 2, and Gestational diabetes. Pre-diabetes occurs when blood glucose levels are higher than normal but not high enough to be diagnosed as diabetes. Additionally, impaired fasting glucose (IFG) and impaired glucose tolerance (IGT) have been officially termed pre-diabetes.

### Hospital Discharge 1998-2004

- The 2004 hospitalization rate of persons with diabetes as the primary diagnosis at discharge was 193.9 per 100,000 population from non-federal facilities only.
- The average hospital stay for a person with diabetes now costs more than \$24,200.
- The graphical pattern represents the hospitalization rate for diabetes and it shows that the rate has decreased over years.
- The total amount spent during 2004 in La Paz County for hospitalizations related to diabetes was \$11,773,343 with an average of \$24,477 per discharge.



Source: Hospital Discharge Database (HDDDB) – Non-Federal Facilities 1998-2004

### Prevention and Control

Diabetes is the main cause of kidney failure, limb amputation, and new-onset blindness in American adults. Recommendations for preventing diabetes are:

- To engage in regular physical activity for at least 30 minutes per day 5 days a week
- Eat healthy foods with at least 5 servings of fruits and vegetables daily
- Maintain a healthy weight
- Maintain normal lipid levels and blood pressure
- Limit fast foods and avoid drinking regular sodas
- Smoking cessation

In addition to the above recommendations, people with diabetes should take steps to control blood glucose and lipid levels as well as prevent any further complications.

- Blood pressure less than 130/80 mm Hg and weight should be checked at regular diabetes visits
- Lipid profile and micro albumin measured once a year
- Dilated eye and a comprehensive foot examination should be performed at least once a year.